



Mental Health is A Right Not A Luxury
Mental health is highly prevalent and one of the major issues in the world and Kenya isn't an exception. One quarter of adults and adolescents in Kenya will experience mental health issues at some point during their lifespan. They can be in your family, next door, teaching your children, in the cubicle alongside you or sitting alongside you in church.

Page 18

THANK YOU FOR ADVERTISING WITH US
For any news you would wish us to publish,
email us: news@mountkenyatimes.co.ke
For Adverts & Sponsorship
email us: ads@mountkenyatimes.co.ke

The **MT. KENYA TIMES** Creative Rewards
Daily ePAPER

Wednesday, October 29, 2025

No. 01419 www.mountkenyatimes.co.ke

[f](#) [i](#) [t](#) themtkenyatimes



News>>Parliament Hosts Senior African Officials For Governance Training

P. 8. Senior officers from national governments and legislatures across Africa yesterday convened at the National Assembly Chambers, Parliament Buildings in Nairobi, for a high-level training programme on economic governance.



News>>Kenya Unveils Landmark Health Reports To Strengthen Quality Of Care And Reproductive Health Investments

P. 12. Health Cabinet Secretary Aden Duale yesterday launched three landmark documents that will shape Kenya's efforts to enhance the quality, equity, and efficiency of healthcare delivery across the country.

EACC Clinches KSh 2.8B Land Grab Victory

⚡ In a landmark ruling that has reignited national discourse on land grabbing and environmental conservation, the Ethics and Anti-Corruption Commission (EACC) has successfully reclaimed a 7.11-hectare parcel of land illegally hived off from Nairobi's iconic Karura Forest. The Environment and Land Court's decision, delivered on October 23, 2025, marks a major victory for public interest litigation and sets a precedent for future land recovery efforts. Karura Forest, a cherished green space in Nairobi, has long been a symbol of resilience against urban encroachment.



File Image shows a signage at the Karura Forest entrance. Photo/ Courtesy

STORY ON PAGE 9

NEXT GENERATION CLASSIFY

"ONE-STOP NATIONAL BUSINESS DIRECTORY"

Contact Us:

+254 720 918 828 / +254 713 318 438
+254 706 237 040 / +254 724 613 401

business@exponentialinternational.com



SCAN TO REGISTER



"ALL BUSINESSES
ONE PLATFORM"

Parliamentary Security Committee Engages National Police Service And United Nations Development Programme On Police Reforms

By: MKT Reporter
@themtkenyatimes

Some Of The Moments As Captured In Pictures

The parliamentary committee on Administration and Internal Security led by the Chairperson Gabriel Tongoyo took part in a workshop at the National Police Leadership Academy, Ngong, organized by the National Police Service (NPS) in collaboration with the United Nations Development Programme (UNDP). The session sought to update and sensitize Committee Members on the ongoing police reforms, highlight emerging opportunities, and underscore the crucial role of Parliament in facilitating the successful implementation of these reforms. Tongoyo lauded the UNDP for its continued partnership and unwavering support towards the reform agenda within the National Police Service. The Inspector General of Police, Douglas Kanja, commended Parliament's role in oversight, public engagement and budgetary allocation for the Service. He noted that the NPS recently launched its Strategic Plan (2025–2027), which will serve as a roadmap for achieving its reform objectives. The Director of Reforms at NPS, John Kamau traced the genesis of police reforms, citing the 2007–2008 post-election violence as the catalyst that led to the Ransley Taskforce (2009). During a plenary discussion chaired by Dr. Bosire, a consultant, Committee Members shared their perspectives and pledged continued collaboration with the NPS in advancing the reform agenda.



Editor's Desk

The Mt. Kenya Times



The Mt Kenya Times is a Kenyan Newspaper that provides a unified view of Kenyan news, entrepreneurship, events, opinions, analysis, and a historical background to current affairs in a way that is both creative and innovative. It is published by **Exponential International Limited**, a Private Limited Liability company incorporated in Kenya to provide Communications and Media services.

Group Executive Chairman
M. Danson

Our Contacts
P. O. Box 101 675 - 00101 Nairobi, Cell: 0700 161 866, 0705 215 262
Editorial Desk: editorial@mountkenyatimes.co.ke, **Adverts:** ads@mountkenyatimes.co.ke,
News Desk: news@mountkenyatimes.co.ke, **Web:** www.mountkenyatimes.co.ke

Facebook: facebook.com/themtkenyatimes, **Instagram:** instagram.com/themtkenyatimes/, **Twitter:** twitter.com/themtkenyatimes
LinkedIn: <https://www.linkedin.com/in/the-mt-kenya-times/>

NEXT GENERATION CLASSIFY

"ONE-STOP NATIONAL BUSINESS DIRECTORY"



"ALL BUSINESSES
ONE PLATFORM"



SCAN TO REGISTER

FREE
REGISTRATION



Contact Us:

+254 720 918 828 / +254 713 318 438



+254 706 237 040 / +254 721 274 369

+254 724 613 401 / +254 100 423 971

+254 724 613 401

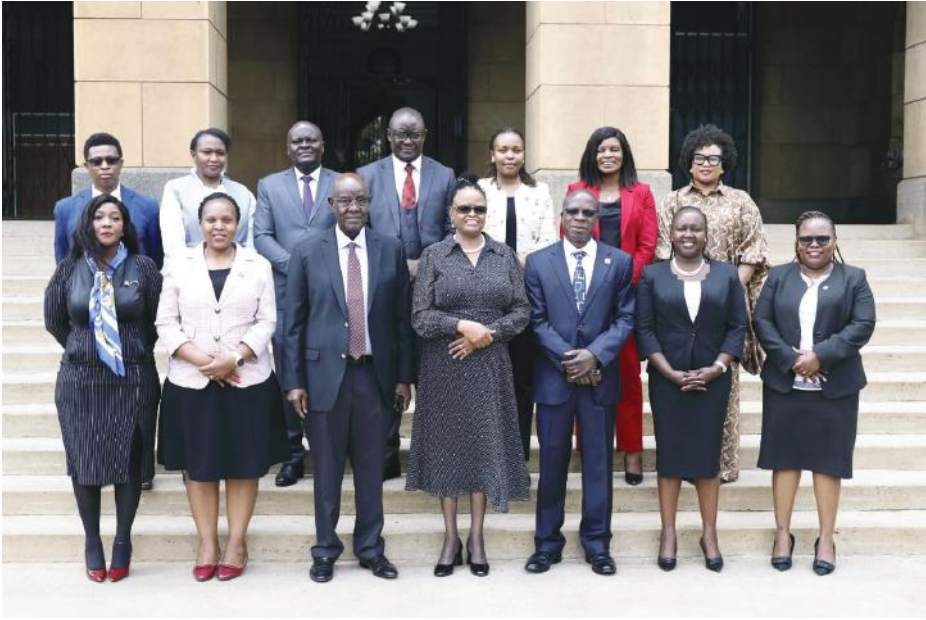


business@exponentialinternational.com



www.businessavaibale.com

NEWS IN BRIEF



Chief Justice Martha Koome met with the Taskforce on Court-Annexed Mediation and commended its exemplary work in embedding mediation as a trusted pathway to access to justice across the country. Since its gazettelement in 2017, the multi-stakeholder Taskforce has successfully rolled out Court-Annexed Mediation (CAM) in 46 counties and established CAM Registries in 95 court stations and seen over 33,000 matters referred to mediation, unlocking approximately KSh 89.5 billion back into the economy through the swift resolution of disputes. This progress affirms that mediation is transforming Kenya’s justice system into one grounded in dialogue, reconciliation, and people-centred principles. To sustain and build upon these gains, the Taskforce will now transition into a Standing Committee of the Judiciary, to be known as the Steering Committee on Mediation.



Ministry of Environment, Climate Change & Forestry Cabinet Secretary Dr. Deborah Barasa officially opened the Second Africa Climate Investment Summit in Nairobi. Dr. Barasa noted that while Africa is rich in natural resources, renewable energy, and youthful talent, limited and uneven access to climate finance hinders progress. She reaffirmed Kenya’s commitment to becoming a global centre for climate action and green investment under the Bottom-Up Economic Transformation Agenda (BETA). The CS outlined Kenya’s 2031–2035 Nationally Determined Contribution (NDC), requiring USD 62 billion, with the government funding 19% and seeking private and global investment for the balance. She cited new carbon trading and green finance frameworks that promote a transparent, stable environment, affirming that Kenya is open for green business.



Garissa county leaders have called for urgent concerted efforts in mitigating the dire effects of the current drought severely affecting the region before the situation gets out of hand. Speaking outside his office after holding a crisis meeting that brought together both National and county representatives, Garissa governor Nathif Jama said that drought was already having devastating effects to the communities’ livestock, and livelihoods across all sub-counties in the region. The situation has been made worse following four consecutive seasons of failed rains leading to acute water shortages, depletion of pasture, and rising food insecurity among the pastoralist communities. The latest report from the National Drought Management Authority (NDMA) indicates that Garissa County’s drought status remains classified as alert with a deteriorating trend with at least 33,000 households facing starvation.



Deputy Chief of Staff for Delivery and Government Efficiency in the Executive Office of the President, Eliud Owalo, toured West Pokot County for a series of project inspections and stakeholder engagements in Kipkomo, Pokot South and West Pokot sub-counties. The visit was part of the government’s efforts to assess, verify and fast-track the delivery of key national projects under the Office of the Deputy Chief of Staff responsible for Delivery and Government Efficiency. He was accompanied by the County Commissioner Abdullahi Khalif, officials from the County Government of West Pokot led by the County Secretary and representatives from several government implementation agencies, including the Kenya National Highways Authority.



Detectives in Kikuyu are holding Nicholas Mutua Mutia, 34, following the gruesome murder of Jane Atila Quedeya, a University of Nairobi, Kikuyu Campus student. The decomposed body of Atila, whose missing report was registered at Kikuyu Police Station on October 13, was found dumped in a thicket at Kefri Muguga Forest on October 17, 2025. Forensic fingerprint identification analysis conducted in liaison with the National Registration Bureau positively identified the body. Preliminary investigations point that moments before her disappearance, Atila was in company of her estranged boyfriend Mutua. The suspect was arrested and arraigned before Kikuyu law courts on Monday where 21- days custodial orders were granted.

NEWS PAPER

IN BUSINESS

The Mount Kenya Times

+254 724 439 949, +254 720 918 828, +254 721 103 040, +254 713 318 438

website: <https://mountkenyatimes.co.ke>

Government Urged To Promote Organic Pesticides

By: Charles Kinyua
@themkenyentimes

Worth Noting:

- “Organic pesticides and fertilisers are both economical and health wise harmless to both farmer and consumers and should be encouraged” noted Kahiga.
- HAE Group through executive assistant Ilona Dane sponsored the farmers in acquiring the seedlings and education in best practices.
- Kahiga’s sentiments were echoed by Everlyne Waringa who narrated how a farmers group in Murang’a has succeeded in a similar project and are now enjoying the fruits of their labour.



Both levels of government have been urged to promote organic farm inputs for better health of the citizenry.

During an education field day for Giture Fruit Growers in Ngandu, Kirimukuyu ward in Nyeri county, the farmers heard that using organic inputs was both economical and healthy.

John Kahiga, an agronomist of long standing told the farmers sponsored by international courier HAE Group international consumers prefer fruits that don’t have traces of toxic residues.

He advised that fruit trees should be well handled right from the seed beds, grafting, planting, pruning and all stages.

“Organic pesticides and fertilisers

are both economical and health wise harmless to both farmer and consumers and should be encouraged” noted Kahiga.

HAE Group through executive assistant Ilona Dane sponsored the farmers in acquiring the seedlings and education in best practices.

Kahiga’s sentiments were echoed by Everlyne Waringa who narrated how a farmers group in Murang’a has succeeded in a similar project and are now enjoying the fruits of their labour.

According to Waringa, a well nurtured avocado tree produces an average of 500 fruits per year and with the current prices farmers will comfortably make ends meet without too much stress as the trees are not labour

intensive.

According to Kahiga a kilo of avocados was going for an average of KSh150 at the tail end of the season around July and urged the farmers to enhance both quality and quantity.

The farmers pleaded with their sponsor to assist them in acquisition of inputs as economic times are quite hard yet the inputs are extremely expensive.

Area assistant chief Francis Muthee noted that if all farmers including the youthful ones utilised empty spaces and planted fruit trees then the area economy would improve even as insecurity went down drastically.

County agricultural extension officer in charge of Kirimukuyu ward

Joseph Kibira and his Ngandu ward counterpart Eunice Wambui called on the farmers to utilise their expertise as they are always only a phone call away and ready to assist the farmers.

Ilona who visited the village in March courtesy of one of company’s Nairobi office, Catherine Njoki Miriri who comes from the village has vowed to ensure that the project succeeds and gradually spreads upto county level to economically empower the residents.

So far residents through their CBO are nurturing over 8000 fruit trees seedlings that will be distributed to farmers and hope to raise the number to over 100,000 and sell the surplus.

The

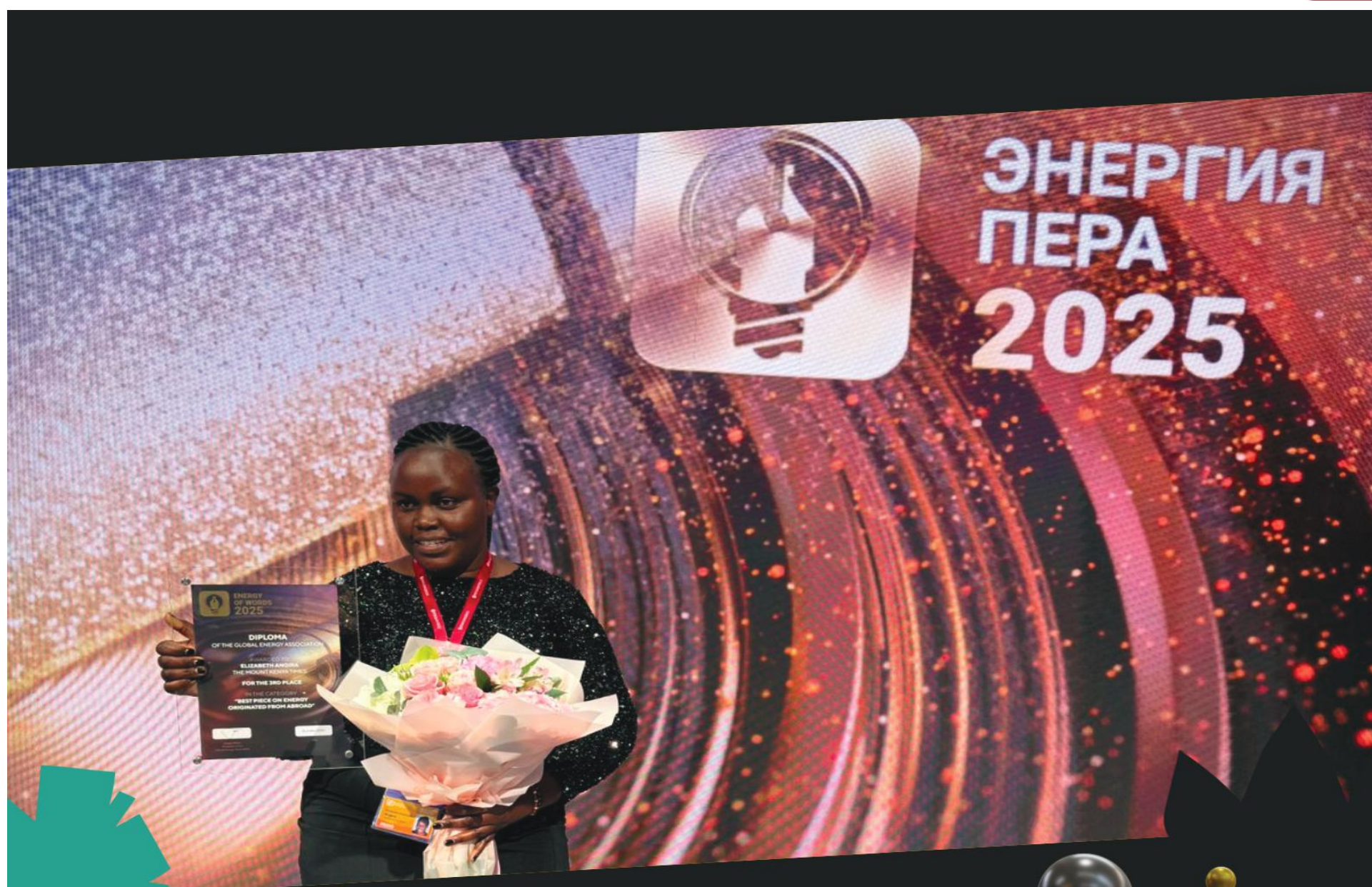
MT. KENYA TIMES

Where Investors Get Returns

To advertise in Mt. Kenya Times read by discerning Kenyan professionals and the business community contact our exclusive **UK & Europe** Advertising and Marketing representatives.



ADLINK INTERNATIONAL (1989) MEDIA GROUP
16 Upper Woburn Place, London WC1H 0AF
Phone: 0330 606 1438 (44 330 606 1438)
Email: media@adlinkinternational.com
www.adlinkinternational.com
Contact: Mr Shamlal Puri



Elizabeth Angira

Senior Climate Reporter at The Mount Kenya Times

Congratulations on your amazing achievement!

“Powerful storytelling meets global recognition! Elizabeth Angira shines with a third-place win for “The Best Energy Story in Foreign Media” at the prestigious Manezh Central Exhibition Hall in Moscow by the Global Energy Association.”

moutkenyentimes.co.ke



Parliament Hosts Senior African Officials For Governance Training

By: PSCU
@themtkenyatimes

Senior officers from national governments and legislatures across Africa yesterday convened at the National Assembly Chambers, Parliament Buildings in Nairobi, for a high-level training programme on economic governance.

The Centre for Parliamentary Studies and Training (CPST), in partnership with the Kenya School of Government (KSG), hosted Module III of the Economic Governance School (EGS) Programme.

Participants from Kenya, South Africa, Ghana, Burundi, and the Democratic Republic of Congo attended the session themed “Action Steps for Shared Economic Futures.”

The programme offers a platform for participants to exchange ideas on promoting sustainable governance and driving economic transformation across the continent.

Deputy Clerk of the National Assembly, Ms. Serah Kioko, officially opened the session on behalf of Clerk Mr. Samuel Njoroge.



The delegates and some of their hosts.

She welcomed the participants and commended them for their dedication to public service and governance excellence.

“Parliament of Kenya is committed towards supporting legislative capacity building. Through CPST, we shall continue deliberately investing in strengthening the capacity of those who lead, shape, and implement governance decisions,” said Ms. Kioko.

She further noted that the programme’s theme aligns with the Parliamentary Service Commission (PSC) Strategic Plan 2023–2030, which emphasizes climate governance, renewable energy, and sustain-

able economic management through effective legislative interventions.

Ms. Rukia Atikiya, a Director at KSG, noted that the institution has partnered with the National School of Government (NSG) of South Africa and the Ghana Institute of Management and Public Administration (GIMPA) to deliver the programme.

The 2025 cohort brought together 50 high profile participants. Among these participants are Deputy Premiers, Members of Parliament, Ministers, Deputy Ministers, Accounting Officers and Directors in government Ministries, Departments and Agencies.



Ms Serah Kioko addressing the forum.

The Economic Governance School Programme is an annual collaborative initiative that seeks to strengthen intergovernmental cooperation and advance Africa’s economic transformation agenda through evidence-based leadership and governance capacity building.

Speaking on behalf of the Executive Director of CPST, Prof. Nyokabi Kamau, the Director of Administration, Finance, and Corporate Affairs, Dr. George Wakah, welcomed the distinguished guests and participants.

“We are delighted to host this high-level programme for senior government officers,” said Dr. Wakah.

“At CPST, we believe that strong governance structures are key to effective public service delivery. We look forward to partnering with the two Schools of Government to develop structured frameworks that will enhance governance and improve the lives of citizens across our nations.”

NTSA Strengthens Digital Transformation Efforts Through AI And Analytics Training

By: Winnie Wachira
@themtkenyatimes

The National Transport and Safety Authority (NTSA) is taking a leading role in advancing digital transformation in Kenya’s public sector through the adoption of emerging technologies such as Artificial Intelligence (AI) and Big Data Analytics to improve public service delivery.

Led by the NTSA Director General Mr. George Njau, NTSA regional managers convened this week at the Africa Centre of Competence at Kenya School of Government for a two-day Digital Transformation Workshop designed to enhance their capacity in data management, analytics, and AI-driven decision-making.

“Transport is one of the core sectors within our Country and what we are trying to achieve beyond road safety is service delivery,” said Njau

“By using big data and AI, we have been able to see our data speak to us. We have been able to identify certain challenges and more importantly opportunities to unlock more areas we need to improve on,” he added.

The training, part of NTSA’s ongoing efforts to operationalize its Big Data Analytics System, is geared toward building smarter, citizen-centric services. Through the system, NTSA aims to improve operational efficiency, strengthen evidence-based policymaking, and enhance service delivery across its national network.

The two days’ workshop held on Monday and yesterday is more than just a technical training, it aligns with Kenya’s National Digital Master Plan (2022–2032), which seeks to equip public servants with digital skills to accelerate e-government and data-driven governance.

The Africa Centre of Competence serves as a hub for developing the next generation of digital public sec-

tor leaders. It is established through a partnership between the Ministry of ICT and the Digital Economy, the Kenya School of Government and UNDP.

Its curriculum focuses on key areas such as data analytics, artificial intelligence, cybersecurity, and digital leadership, enabling institutions to leverage emerging technologies for public good.

NTSA continues to demonstrate how government agencies can translate digital learning into measurable achievements by utilizing the Centre’s state-of-the-art infrastructure and technical expertise.

The collaboration between NTSA, Africa Centre of Competence, Kenya School of Government, the Ministry of ICT and Data & AI Solutions Partner- Pathways Technologies underscores the critical role of capacity building in Kenya’s journey toward a digitally empowered, citizen-first public service.



George Njau

Historic Win For Public Land: EACC Triumphs In KSh.2.8 Billion Karura Forest Case

By: MKT Reporter
@themkenyetimes



Worth Noting:

- Justice David Mwangi, presiding over the case, declared the title deed null and void, affirming that the parcel was public land and must be returned to the government. The ruling concluded a legal battle that began in 2007, when the defunct Kenya Anti-Corruption Commission (KACC)—EACC’s predecessor—filed suit to recover the land. According to EACC investigations, the land was fraudulently transferred in 1994 by Kamotho through Gigiri Court Limited.
- It was later sold to private developers Mandip Singh Amrit and Manjit Singh Amrit for a staggering Ksh.6 billion. The transaction was facilitated despite the land’s designation as public property, raising serious questions about collusion and abuse of office. The court found that the Certificate of Lease issued to Gigiri Court Limited was “unlawfully acquired and ineffectual in conferring ownership rights.”



File Image shows a signage at the Karura Forest entrance. Photo/ Courtesy

In a landmark ruling that has reignited national discourse on land grabbing and environmental conservation, the Ethics and Anti-Corruption Commission (EACC) has successfully reclaimed a 7.11-hectare parcel of land illegally hived off from Nairobi’s iconic Karura Forest. The Environment and Land Court’s decision, delivered on October 23, 2025, marks a major victory for public interest litigation and sets a precedent for future land recovery efforts. Karura Forest, a cherished green space in Nairobi, has long been a symbol of resilience against urban encroachment. The contested land, valued at Ksh.2.8 billion, was fraudulently acquired in the 1990s and registered under Gigiri Court Limited, a company linked to the late former Cabinet Minister Joseph Kamotho. Originally reserved for the Kenya Technical Teachers College (KTTC) and part of Karura Forest, the land was never available for private ownership.

Justice David Mwangi, presiding over the case, declared the title deed null and void, affirming that the parcel was public land and must be returned to the government. The ruling concluded a legal battle that began in 2007, when the defunct Kenya Anti-Corruption Commission (KACC)—EACC’s predecessor—filed suit to recover the land.

According to EACC investigations, the land was fraudulently transferred in 1994 by Kamotho through Gigiri Court Limited. It was later sold to private developers Mandip Singh Amrit and Manjit Singh Amrit for a staggering Ksh.6 billion. The transaction was facilitated despite the land’s designation as public property, raising serious questions about collusion and abuse of office. The court found that the Certificate of Lease issued to Gigiri Court Limited was “unlawfully acquired and ineffectual in conferring ownership rights.” This judgment not only revokes the title but also reinforces the principle that public land cannot be alienated through fraudulent means.

The 18-year legal journey underscores the challenges faced by anti-corruption bodies in reclaiming stolen public assets. EACC Chairperson Bishop David Oginde hailed the ruling as a “watershed moment” in Kenya’s fight against corruption and impunity. “This victory is not just about land—it’s about restoring faith in the rule of law and protecting our national heritage,” he said in a statement. The case also highlights the importance of institutional memory and perseverance. Despite changes in leadership and legal hurdles, EACC remained committed to

pursuing justice, demonstrating the value of long-term accountability mechanisms.

Karura Forest is more than just trees—it’s a vital ecological zone that supports biodiversity, regulates climate, and provides recreational space for Nairobi residents. The illegal excision of forest land for private development threatened these functions and set a dangerous precedent for future encroachments. Environmental activists, including the Green Belt Movement founded by Nobel Laureate Wangari Maathai, have long campaigned against land grabbing in Karura. This ruling vindicates their efforts and sends a strong message to developers and public officials alike: Kenya’s natural resources are not for sale.

With the title deed revoked, the land will revert to public ownership under the Ministry of Lands and the Kenya Forest Service. EACC has called for swift action to fence off and rehabilitate the parcel to prevent further encroachment. There are also calls for criminal investigations into the original transaction and possible prosecution of surviving accomplices. Legal experts suggest that this case could open the floodgates for similar suits involving grabbed public land across the country. Already, EACC has hinted at ongoing investi-

gations into other parcels in Nairobi, Mombasa, and Kisumu.

This victory offers several takeaways for Kenya. Public watchdogs and civil society must remain alert to protect communal resources. Even decades-old cases can yield justice if pursued with determination. The Ministry of Lands must digitize and audit land records to prevent future fraud. Forests and public spaces must be shielded from commercial interests. Residents of Gigiri and Karura Forest users expressed relief and joy at the ruling. “We’ve watched this land sit idle while developers tried to fence it off. It’s a win for all Nairobians,” said Jane Wanjiru, a local environmentalist. Meanwhile, Paul Mwangi, a legal analyst, noted, “This case proves that the judiciary can be a powerful ally in the fight against corruption. It’s a reminder that no one is above the law.”

The EACC’s triumph in the Karura Forest case is more than a legal victory—it’s a moral one. It reaffirms the sanctity of public land, the power of judicial oversight, and the resilience of institutions committed to justice. As Kenya continues to grapple with land corruption, this ruling lights the path forward.

Fence Erected To Protect School Children From Wildlife

By: Rop Janet
@themtkenyetimes

Learners at Lenkishon Comprehensive School in Il Bissil Kajiado County, can now study in a safer and more comfortable environment after Face of Kenya International, a Community-Based Organization (CBO) constructed a perimeter fence and installed a gate to secure the school.

For years, the open school compound exposed pupils to wild animals and trespassers. Wandering livestock also trampled trees and vegetation and disrupted learning, making it difficult for teachers and pupils to carry out daily lessons.

To address these challenges, Face of Kenya International took the initiative of securing the institution and also installed a water tank and planted trees in the compound to create a greener and cooler environment for learning. The organisation’s chairman Paul

Mukoma said the project was aimed at creating a safe space for learning while promoting environmental conservation.

“Wild animals and domestic livestock used to roam freely, destroying vegetation and trees. The new fence and gate will safeguard pupils, and the water tank ensures a reliable supply for both learning and tree planting,” he said.

Stanley Ngugi, also from Face of Kenya International, reiterated that the initiative reflected the impact of community-led development.

“This project shows what can be achieved when communities and organizations work together. It is not just about securing the school, it is about creating a safe, sustainable environment for learning and growth,” he said.

Head Teacher Joseph Tikani said the new perimeter fence and gate would ensure learners are fully protected from roaming wild animals while also preventing livestock from grazing



freely and disrupting lessons.

“With the new fence and water tank in place, our pupils can now learn without distractions or fear. The school is safer and much more conducive for studying,” he said.

Teachers and parents also welcomed

the initiative, noting that the new fence and gate would significantly improve the learning environment and safety of pupils.

“The fence and gate not only protect our children from wild animals and roaming livestock but also allow them

to focus fully on their studies. The school is now safer and more conducive for learning,” said Alice Tipape, a parent.



Latest Tech In Medical Imaging Transforming Country's Healthcare - Experts

By: John Kamau
@themkenyentimes



Worth Noting:

- Led by Dr Daniel Somba, the Managing Director and Chief Radiologist of MIC Imaging Center in Thika town, the experts assert that Artificial Intelligence and advanced imaging techniques provide clearer and more detailed images, increasing confidence in diagnosis and improving treatment planning.
- "MRI scanners have been transformative for healthcare, helping medics diagnose a variety of conditions non-invasively. This new low-field technology makes MRI scans easier and cheaper than ever before, enabling more patients to access care and protecting people's health while easing the burden on healthcare systems," Dr Somba said.
- He spoke while unveiling the latest 72-Channel MRI scanner at the facility, one-of-its-kind equipment that's set to bring relief to central Kenya region who grapple with limited access to the services due to inadequacy of the equipment.

Technological advancements in medical imaging are significantly transforming healthcare services in the country, experts have said.

They say that the latest Magnetic Resonance Imaging (MRI) machines are transforming healthcare using AI to significantly speed up scans, improving patient comfort and increasing diagnostic accuracy through more detailed images.

Led by Dr Daniel Somba, the Managing Director and Chief Radiologist of MIC Imaging Center in Thika town, the experts assert that Artificial Intelligence and advanced imaging techniques provide clearer and more detailed images, increasing confidence in diagnosis and improving treatment planning.

"MRI scanners have been transformative for healthcare, helping medics diagnose a variety of conditions non-invasively. This new low-field technology makes MRI scans easier and cheaper than ever before, enabling more patients to access care and protecting people's health while easing the burden on healthcare systems," Dr Somba said.

He spoke while unveiling the latest 72-Channel MRI scanner at the facility, one-of-its-kind equipment that's set to bring relief to central Kenya region who grapple with limited access to the services due to inadequacy of the equipment.

The machine has stronger magnetic fields in that provide higher-resolution images, allowing for the diagnosis of smaller joints and more subtle abnormalities, such as in complex neurological cases.

Highly sensitive and radiation-free, the machine with its new technology is safe for patients of all ages, including children. Scans take only a few minutes and can be repeated as often as necessary to track disease progression.

Most locals have been thronging to Nairobi and other far-flung facilities to seek for the specialized services. Access to MRIs is limited and centralized. Kenya has just around 50 MRI scanners in total—roughly one per million people—with nearly all of them concentrated in Nairobi and a few other major towns.

Dr Somba noted with concern that rural communities, where around 70 per cent of Kenyans live, remain underserved adding that the shortage of specialists further constrains imaging services. The country has just one radiologist per million people, far below the recommended rate of 10 per 100,000.

The Radiologist noted that the latest technology is now aiding in early detection of diseases which is facilitating evidence-based treatment and thereby saving more lives and resources.

"The advancements in the field of



Dr Daniel Somba, the Chief Radiologist at MIC Imaging Center in Thika town.

medical imaging are helping doctors to rely on evidence-based procedures to treat patients. It has impacted strongly on the ability to pick diseases on time and enabling doctors to plan on treatment on time," he said.

He also divulged that with the latest tech, the number of patients being served has increasing thereby reducing the burden on patients who have had to wait for days to access the services and receive results.

The new scanner installed at MIC imaging Center, for instance, can serve about 80 patients per day unlike the older conventional machines that used to serve about 20 patients in a day.

He revealed that the latest equipment is able conduct all types of scans including brain, spine, liver, prostate, breast, abdomen and pelvic scans among others.

Dr Joseph Mbai, the General Manager in charge of health at Equity

Group noted that availability of MRI has been a challenge, especially to Kenyans living in rural areas.

He said that private facilities have been playing an integral role in enhancing quality healthcare services provision to Kenyans through installation of modern and state-of-the-art equipment that are steadily transforming the country's healthcare.

"These equipment are highly costly and that's the reason most public lack them and the ones available do not conform with the latest advancements. For instance, installation of the MRI scanner at MIC Imaging Center cost not less than sh 200 million," he averred.

While noting that the cost of accessing the advanced medical technology remains a challenge for most families, Mbai appealed to the Government to ensure that the Social Health Authority (SHA) covers for chronic illnesses so as to relieve Kenyans off the burden of hefty

bills.

Patients pay between Sh18,000 and Sh32,000 for scans, which is well beyond the means of most families and especially those at the bottom of the pyramid.

Fredrick Muindi [not sure of the name] said that availability of the modern equipment in the area will save many patients on time and cost of accessing the crucial services as well as assist in early diagnosis and treatment.

He noted that most patients have been grappling with long queues and longer waiting hours in the few facilities that offer the services in Nairobi.

He at the same time pleaded with the Government to include MRI services in the national health insurance scheme to make the services more affordable and accessible to Kenyans.



Dr Daniel Somba, a Radiologist, inspects the new 72-channel MRI Scanner that's touted to transform medical imaging and impact healthcare.

Kenya Unveils Landmark Health Reports To Strengthen Quality Of Care And Reproductive Health Investments

By: Mary Ndanu and Samuel Kivuva
@themtkenyatimes

Worth Noting:

- The Kenya Quality of Care and Human Resources for Health Assessment Report, the Service Availability and Readiness Assessment (SARA), the Reproductive, Maternal, Newborn, Child and Adolescent Health and Nutrition (RMNCAH+N) Investment Case reports presented a detailed overview of the state of Kenya's health system and the investments required to accelerate progress towards Universal Health Coverage (UHC).
- The CS reaffirmed that quality healthcare remains a constitutional right enshrined in Article 43 of the Constitution of Kenya and emphasized that the reports align with the Bottom-Up Economic Transformation Agenda (BETA) and Sustainable Development Goal 3 on good health and well-being.
- "By anchoring health system improvements within the BETA framework, we ensure our reforms remain people-centered, equitable, and responsive to the needs of all communities especially those historically underserved," he added.

Health Cabinet Secretary Aden Duale yesterday launched three landmark documents that will shape Kenya's efforts to enhance the quality, equity, and efficiency of healthcare delivery across the country.

Speaking during the launch in Nairobi the CS said that the documents reflect the collective work of the Ministry of Health in collaboration with county governments, the private sector, faith-based organizations, and development partners.

"These findings offer valuable insights into the readiness of our health facilities, the strength of our workforce, and the actions needed to close persistent service delivery gaps," he said.

The Kenya Quality of Care and Human Resources for Health Assessment Report, the Service Availability and Readiness Assessment (SARA), the Reproductive, Maternal, Newborn, Child and Adolescent Health and Nutrition (RMNCAH+N) Investment Case reports presented a detailed overview of the state of Kenya's health system and the investments required to accelerate progress towards Universal Health Coverage (UHC).

The CS reaffirmed that quality healthcare remains a constitutional right enshrined in Article 43 of the Constitution of Kenya and emphasized that the reports align with the Bottom-Up Economic Transformation Agenda (BETA) and Sustainable Development Goal 3 on good health and well-being.

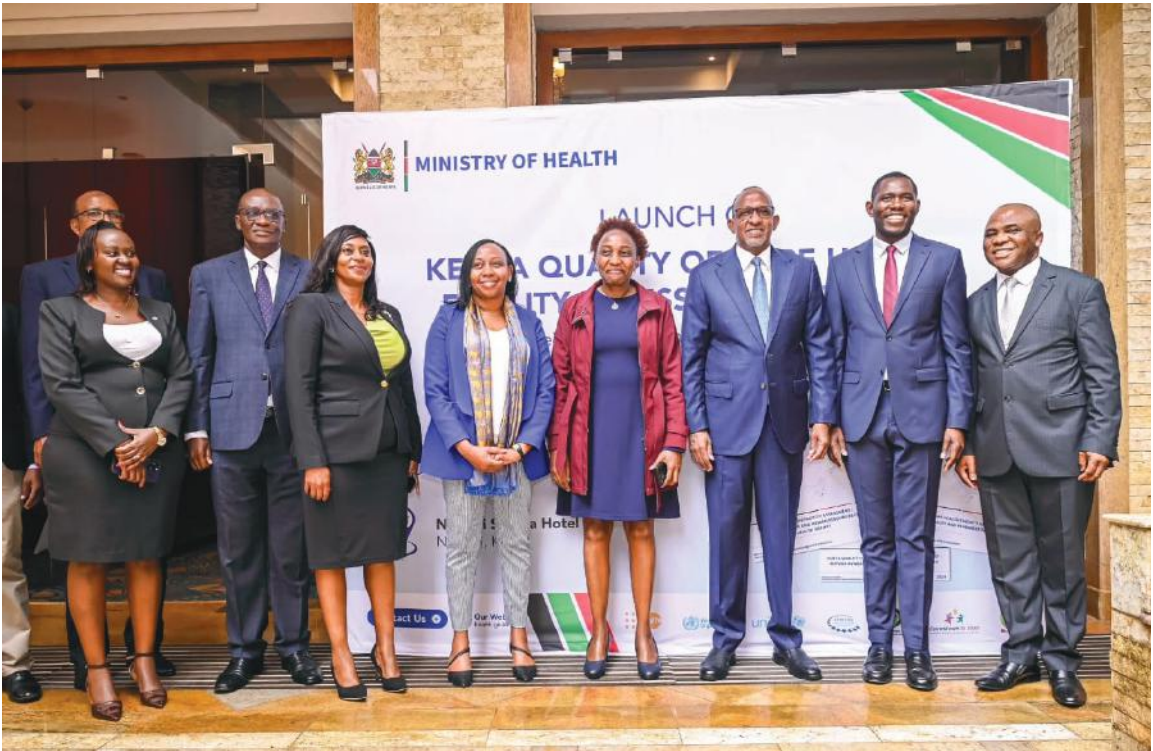
"By anchoring health system improvements within the BETA framework, we ensure our reforms remain people-centered, equitable, and responsive to the needs of all communities especially those historically underserved," he added.

Duale further noted that the findings would guide ongoing legislative and policy reforms, including the Quality of Healthcare and Patient Safety Bill currently before the Senate.

He thanked development partners such as the Bill & Melinda Gates Foundation, Global Fund, UNFPA, UNICEF, and the World Health Organization (WHO) for their technical and financial support in producing the reports.

"These reports reaffirm our shared commitment to build a healthcare system that meets the expectations of our citizens and sets a benchmark for quality care across the region," he asserted as he officially launched the documents.

Principal Secretary for Public Health and Professional Standards, Mary Muthoni, said the assessments were



Top officials in a group photo after the launching ceremony.

carried out to address stagnation in health outcome indicators and to ensure health investments translate into measurable results.

"Our objective was to evaluate service availability, readiness, and quality across all levels of care to strengthen accountability, enhance client satisfaction, and guide targeted resource allocation," she said.

Muthoni added that data-driven decision-making must become the cornerstone of Kenya's health reforms as she called on all stakeholders to move discussions into action.

She also stated that experience of

care, especially for adolescents and vulnerable groups, must be improved saying that immediate priority is to make every delivery facility ready for emergencies.

The PS further underscored the importance of respectfully institutionalizing maternity care and ensuring rapid maternal and neonatal death reviews to prevent avoidable fatalities.

"Whether in the public or private sector, every delivery facility must be prepared for emergencies and committed to compassionate, high-quality service," she noted.

Principal Secretary for Medical Ser-

vices, Dr. Ouma Oluga, said the reports provide a solid evidence base to inform policy, planning, and budgeting processes.

He also highlighted the need to establish continuous professional development and standardize clinical care through universal access to updated guidelines and supportive supervision.

Oluga said health workers are at the heart of service delivery and such strengthening their skills, motivation, and working conditions is essential to achieving Universal Health Coverage.



During the launch.

Kenyans Urged To Embrace Regular Breast Cancer Screening

By: Chris Mahandara
@themkenyaintimes

Kenyans have been urged to embrace regular breast cancer screening to curb the rising cases of the disease, which remains among the leading causes of death in the country.

According to Aga Khan Hospital Kisumu resident oncologist Dr. Alfred Mayani, screening and early diagnosis are critical in reducing breast cancer-related fatalities, as most patients are still presenting the disease at advanced stages when treatment becomes more complicated and expensive.

“Screening is integral in the fight against breast cancer, which is the most common cancer in the country,” Dr. Mayani said.

Kenya, he said, records about 7,000 new cases of breast cancer every year, and nearly half of those affected die due to late diagnosis.

Dr. Mayani spoke yesterday during a cancer awareness walk organized by Aga Khan Hospital Kisumu to mark Breast Cancer Awareness Month.

The procession moved from the hospital through Mamba, Patel, Kondele, back through Patel, and returned to the facility, where organizers sensitized locals on the need for regular check-ups and healthy lifestyles.

He said the hospital was offering free breast and cervical cancer screening services throughout the awareness period as part of efforts to combat the disease.

Dr. Mayani urged women to begin with self-breast examinations at home and seek medical attention if they notice lumps or other unusual changes.

“A mammogram remains the most effective method of early detection, and most facilities in the country are now equipped to provide the service. However, we do not recommend mammograms for women below 40 years because their breast tissue is still dense and may give inaccurate results,” he said.

He added that other clinical and imaging examinations are available to detect the disease among younger women.

The oncologist noted that while some risk factors such as age, gender, and family history cannot be controlled, individuals can reduce their risk



Breast Cancer awareness procession in Kisumu town yesterday.

through lifestyle adjustments.

“Habits such as excessive alcohol intake and cigarette smoking contribute to cancer development,” he said.

“We must watch our eating habits, stay physically active, and maintain healthy behaviour to keep the disease at bay,” he advised.

Dr. Mayani said Kenya has made significant strides in cancer care, with

major facilities now offering chemotherapy, surgery, hormonal therapy, targeted therapy, and radiotherapy.

“Breast cancer is curable when detected early,” he said adding: “Our biggest challenge remains late presentation, which complicates treatment and increases the cost of care.

Aga Khan Hospital Kisumu, he said, will continue to conduct mobile

screening clinics and community outreach programmes across the county to enhance early detection and prevention.

“Cancer awareness should not end with this walk, we must continue spreading the message that early detection saves lives,” Dr Mayani challenged.

Tharaka Nithi Signs Five Year Partnership To Boost Nutrition And Health Services

By: Alex Njeru
@themkenyaintimes

Tharaka Nithi County Government has entered into a transformative five-year partnership with Helen Keller International, aimed at improving the health and nutritional wellbeing of women and children across the county.

The Memorandum of Understanding (MoU), signed yesterday, brings together the Department of Health, led by CECM Dr. Gichuyia Nthuraku, and the Department of Agriculture, represented by Eng. Kimathi, in a collaborative effort to strengthen nutrition-sensitive interventions at both the community and facility levels.

Funded by The Church of Jesus Christ of Latter-day Saints, the partnership will be implemented under the initiative “Transforming Lives through Nutrition.”

The project seeks to tackle the per-



Tharaka-Nithi County Government officials receive equipment and nutrition supplements from Helen Keller Foundation. Photos/ Alex Njeru

sistent challenge of malnutrition through integrated strategies that promote dietary diversity, maternal and child nutrition, and community-based health education.

Speaking during the event, Helen Keller International Country Director Mr. Peter Ofware reaffirmed the organization’s commitment to sup-

porting Tharaka Nithi in achieving sustainable nutrition outcomes.

As part of the agreement, his team donated nutrition commodities and equipment worth KES 9.6 million to enhance the county’s capacity in nutrition service delivery and health system strengthening.

Dr. Nthuraku lauded the partner-



Signing of Memorandum of Understanding between Tharaka-Nithi County Government and Helen Keller Foundation on nutrition support.

ship, noting that it marks a major milestone in the county’s mission to eradicate malnutrition. “This collaboration blends local leadership with global expertise, ensuring our communities become healthier, stronger, and more resilient,” he said.

Through this partnership, Tharaka

Nithi County expects to reduce cases of malnutrition, empower households with nutrition knowledge, and improve the overall quality of life for women and children—laying a strong foundation for a healthier future.

I Love Mountain



I love the ducks,
Longing to waddle and join their clucks.

Beauty of nature,
It's God's creature.

Mountain stand erect high,
Birds fly over so high.

Fishes swim gracefully,
Children watch it joyfully.

Trees are swaying gently,
Animals take rest ruminating freely.

Wells and ponds are to swim,
Boys happily dive into the watery brim.

Save the nature!
For your bright future.

M. Sanjay Vignesh
10th Standard,
Panchayat Union Middle School. Eripatti,
Pollachi North,
Coimbatore Dt., Tamilnadu

I love mountain,
It is so high and strength retain.

I love flowers,
It's so colourful and everyone wonders.

I love water falls,
It's making my mind cool calls.

I love Daisies
Admiring their charm and,
Feeling from worries.

I love butterfly
I want to play with it's fly.

Those Who Left Us, left a lesson



Those who left us,
Left some important lessons,
Most of the time the lesson was only bitter,
Because of those lessons,
the result was sweet.

Many lessons we learn,
We never can forget their lessons,
Their departures taught us to value what
remained,
And to grow stronger through the trials
they explained many things silently.

Their bitter lessons led to sweeter outcomes
Transforming pain into wisdom,
We hold only these lessons,
these are treasures for us in memories
Their remains guide us,
even though they're no longer there.

We learn to appreciate them
to live without any mindful care
Their lessons shape our paths,
Forever they live in our hearts,
their teachings will stay and for ever
Those who left us, left their lessons for us to
continue
they are our worthy guide, we remember them

Brinda. D
GRADUATE TEACHER,
GOVT HIGH SCHOOL,
MELPATTAMPAKKAM
CUDDALORE, Tamilnadu India
creativewritersmag@gmail.com

Mesmerizing Mind



Neglecting left with none

Untold stories of self
Lingering like a banyan
While speculating within self
Yourself is the best companion

Utmost care given to remove
Unwanted, haunting thoughts
To keep rejuvenating to improve
Catch the connecting dots

Relax, restore,erase
Recollect only the exuberance
Renew the space
With Fun filled days of preference

Life is short
Never ever hurt
Smiles to be smart
None knows the time of depart

N. Sivasankari
B.T. ASSISTANT IN ENGLISH
GMGBHSS, PERAIYUR
MADURAI DISTRICT
TAMILNADU

A storage unit of life
Stumped with memories
Guiding, organising the behavioural stride
Thinking, overthinking of future gives worries

Keep on storing, burdens
Trust, keep going as planned
Efficient societal enrichment doesn't lessens
Sometimes hatred, greedy virus scanned

Little things with magnifier glass
Leaves one all alone
Forgive and forget is the keyword to pass

Things In The Hills Are Cheap



and everybody called her Zeenu. She was very beautiful. She got married to Lala Yousin because of his money. People believed that Zeenu was not a good woman, and they used to say a lot of things about her. Now, Lala and Zeenu were made for each other. Lala owned land and tractors. Lala was a very rich guy with dark skin, a moustache, and no beard. Lala was fond of oxen and tractors. He could talk about oxen and tractors for hours. If I put it the way he used to put it, it was like this: the oxen in the hills or tractors in the hills are very cheap.

This hill's connection to him was very famous in the town, and many believed that he made up all these stories, but he was the kind of person who was always on the move from one place to another, so these stories followed him. I never saw him at home alone; either he was going somewhere, or somebody was coming to his home. He had a lot of friends almost everywhere. Noor had this aunt. She was blind in one eye. I never liked her. The hobby of this aunt was to make people's lives a living hell by any means necessary. Wherever she went, there was a fight when she left home because of this hobby.

Two of her daughters were divorced, and on the day of her son's marriage, his father-in-law said no to them. So they returned home without a bride. She was interested in Noor for herself, on Sajjad. Sajjad was a well-educated man. She asked for her hand from Zeenu, and more or less, she agreed with her.

As they were deciding the fate of Noor, Lala Yousin was not at home. He was away to buy a new tractor for the wheat season. Sajjad and Noor got married. Sajjad never even went to see her, even on the day of marriage. A day after they got married, Noor was sent home, and within a month, she was reading her divorce papers. I never saw her complaining to anybody about it, and she never married again.

Muhammad Shoaib M's scholar at Foundation University Islamabad

When I was a kid, she used to come to our home to play with my sister.

Her name was Noor. According to people, she was a witch because her mother died after giving birth to her – the first injustice nature had done to her. The most beautiful thing about her was her eyes – those beautiful, shining eyes. The kind of eyes Faiz Ahmad Faiz described in his poems. There was this grace in her eyes, a kind of goodness, you can say. She was an outsider in our town because her mother was not from this town, and she had no relatives from her mother's side here. The relatives from her father's side were not interested in her at all, so if anything bad happened, the blame would be on Noor. Noor grew up in this kind of environment.

As time passed, her father got married again to a young woman. Her name was Zeenat,

Heaven In Hands



and then

Teaches life's lesson to different men
Stretching hands of nature
Promoting blessing bliss for all creature
Sweet melodies of creative songs
Innate voices of unknown birds
Eases peaceful power to the hearts
Earning love from people of near
Echoing pleasure giving energy here
Breathing pure air, quenching thirsty water
Brightening sun, shining stars in later
All in our hands creating Heaven in lands

A. LAKSHMI
B.T. ASSISTANT
GOVERNMENT HIGHER SECONDARY SCHOOL
T.KUNNATHUR
MADURAI DISTRICT.

Life as empty land on the earth
Think there is no mirth
Crying and laughing in the life of chain
Acts as the boon and bane of the past again
Part of life in the earth shows
Enjoy the joys most
Surpass the sorrows as passing clouds now

DO YOU WANT TO GET PUBLISHED?

ARE YOU A WRITER OR CORPORATE?

Let Professional Editors and Authors turn your story into a Dream Book.

THRILLERS - FICTION - FACTION - BIOGRAPHIES - TRAVELOGUES - HUMOUR- COFFEE TABLE - BROCHURES

London-based contract Publishers for independent and self-publish authors.

We offer one-stop top notch Editing, Expert Design, Proof Reading, Book Covers, Artwork, Digital, Litho Printing, E-Books, Corporate Brochures and UK ISBN number. Reasonable costs. We print and deliver books. Authors retain 100% sales profits.

AFRICAN WOMEN IN EUROPE
Volume 2
A reflection of the strength and positivity of African women and men
COMPILED BY JOY ZENZ Editor
Founder of African Women in Europe SHAMLAL PURI

BIBI PIPPI NA MAUA WARIDI
Corona Cermak Michoro na Morris Rioba

THAT'S LIFE!
MICHAEL MATATU AT LARGE
SHAMLAL PURI

Footprints
NAMOSAL 64-74 REUNION
3rd - 5th February 2017
NATIONAL MODEL SCHOOL AGA KHAN PALACE, PUNE

SELECTED PORTFOLIO
DUBAI DREAMS
The Rough Road to Riches
SHAMLAL PURI

Dubai On 2 wheels
Speculating Headlong on a Dangerous, Slippery Road
Shamlal Puri

AXIS OF EVIL
Africa's Ivory Finances Middle East Terror Threatens Britain
SHAMLAL PURI

DUBAI DREAMS
The Rough Road to Riches
SHAMLAL PURI

BEST SELLER NOVELS
THE ILLEGALS
Homeless, Visa-Less, Hopeless - Striving for the Good Life
SHAMLAL PURI
VISA DENIED

TRIANGLE OF TERROR
Africa's Ivory Finances Middle East Terror Threatens Britain
Shamlal Puri

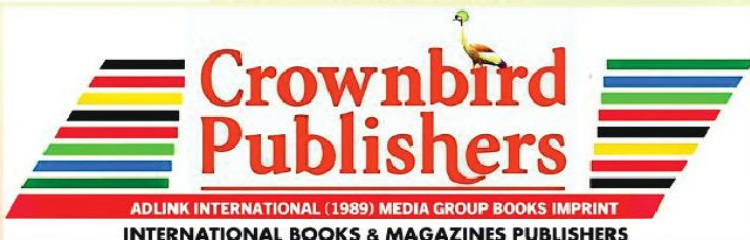
Axis of Evil!
NEW INTERNATIONAL THRILLER ON THE WAR AGAINST TERRORISM
BLOOD MONEY
SHAMLAL PURI

The Cosmopolitan Nomad
A Globetrotter's Story
Karim
G R Ladak
EDITOR: SHAMLAL PURI

MY LITTLE BOOK OF Christian Poems
TONY TOKUNBO ETERA FERNANDEZ

The Crownbird Publishers logo and imprint owned by Adlink International (1989) Media Group London

Copies of some books available for sale: hard copy/digital. Contact us: media@adlinkinternational.com Email Subject: Crownbird Books



ADLINK INTERNATIONAL (1989) MEDIA GROUP

Books Division

16 Upper Woburn Place, London WC1H 0AF (UK)

Tel: 44 330 606 1438

Email: media@adlinkinternational.com

www.adlinkinternational.com

Stanbic Bank Facilitates USD 45 Million Cross-Border Funding to Drive PepsiCo Bottlers' Growth in East Africa

By: Daniel Mbugua
@themkenyetimes

Stanbic Bank Kenya and Stanbic Bank Uganda, both members of the Standard Bank Group, successfully closed a USD 45 million long-term funding package to support the expansion of two PepsiCo bottlers in East Africa — Crown Beverages Limited (CBL) in Uganda and SBC Kenya Limited in Kenya.

The transaction, comprising USD 30 million for CBL and USD 15 million for SBC Kenya, reinforces the two banks' shared commitment to driving regional growth through innovative cross-border financing solutions.

It also demonstrates Standard Bank Group's ability to connect clients seamlessly across markets, powering industrial expansion and regional trade within Africa.

This milestone builds on a long-standing relationship between Stanbic Bank Uganda and Crown Beverages Limited that spans more than two decades. Since 2020, the Standard Bank Group has supported

CBL's modular expansion and further demonstrated its commitment by advising and funding the acquisition of SBC Kenya by CBL's shareholders in 2023.

"This transaction exemplifies how our Positive Impact framework translates ambition into action," said Paul Muganwa, Executive Director and Head of Corporate and Investment Banking, Stanbic Bank Uganda.

"By structuring a cross-border solution in partnership with our colleagues in Kenya, we are advancing inclusive growth across financial, enterprise, and industrial dimensions. The investment will stimulate job creation, enhance local manufacturing capacity, and strengthen regional trade linkages — particularly benefiting youth, women, and farmers within the supply chain.

Through the Standard Bank Group, Africa's largest bank with a presence in 20 markets, our clients gain the confidence and capability to expand beyond borders. Banking with Stanbic in Uganda or Kenya means leveraging Africa's most extensive financial network to drive our region's growth and unlock the continent's



Stanbic - Purshottam Place

opportunity."

SJ Kok, Head of Corporate and Investment Banking at Stanbic Bank Kenya, added: "Our ability to collaborate across our country teams underscores the power of our regional network. Through our established relationship with Crown Beverages Limited in Uganda, we were able to seamlessly extend support to SBC

Kenya and design a funding structure that met the complex requirements of a brownfield expansion. This is a strong example of how we bring Standard Bank Group's regional ecosystem to life for our clients."

The funding is expected to boost manufacturing output, support local supply chains, and enhance produc-

tivity in key sectors critical to job creation and innovation. Beyond financing, the transaction reaffirms Standard Bank Group's commitment to driving sustainable, inclusive growth through tailored, pan-African financial solutions that connect clients to opportunity, wherever they operate on the continent.

Court Halts KTDA's Multi-Million Security Tender Over Transparency Dispute

By: Correspondent
@themkenyetimes

The High Court has temporarily stopped the Kenya Tea Development Agency (KTDA) and its subsidiary, Chai Trading Company Limited, from executing or implementing a multi-million shilling security tender pending the hearing and determination of a case challenging the award process.

The suspension follows an urgent application filed by Anthony Manjara and Youth Advocacy Africa, who accuse KTDA of irregularly awarding the tender for the Provision of Security Services (Tender Reference No. CTCL/127/2025 – KTDA/127/2025) to a preferred bidder in violation of principles of fairness and transparency.

In court documents filed through Okoth Elly & Company Advocates,

the petitioners claim KTDA and its subsidiary had already initiated steps toward signing or partially executing the contract, an action they argue could render the court case meaningless if not halted.

"The defendants have already initiated steps towards execution of a contract with the said bidder and are in the process of signing, or may have already partially executed, the contract, actions which may occur at any moment, thereby extinguishing the plaintiffs' rights and rendering this suit and application nugatory," reads part of the court papers.

The applicants, who are long-term service providers to KTDA, maintain that they have a legitimate commercial interest in ensuring the procurement process is conducted lawfully and competitively.

Through their lawyer Elly Okoth, they argue that they stand to suffer irreparable harm, including permanent loss of business opportunities,



reputational damage, and loss of client confidence, should the tender be allowed to proceed.

"The defendants' actions constitute a breach of legitimate expectation and bad faith, as they have disregarded their own tender documents and internal procurement policy,"

the application adds.

While KTDA is a private entity and therefore not directly governed by the Public Procurement and Asset Disposal Act, the petitioners insist it remains bound by principles of fairness, transparency, and good corporate governance in its operations.

The High Court's temporary orders now restrain KTDA and Chai Trading from proceeding with the contract until the case is heard and determined. The matter will be mentioned on a later date for further directions.

WEB SOLUTIONS



Oracom Web Solutions

**Relax....we take the
worries out of web**

Web Design

- Modern and classy website
- Easy to navigate
- Mobile ready and cross browser friendly

Web maintenance

- Search Engine Optimization
- Content Management Services
- Social Media Marketing

And many much more...

0729990583 | fb: Oracom kenya web solution | www.oracom.co.ke

Mental Health Is A Right Not A Luxury

By: Lilian Njeru
 @themtkenyatimes

Worth Noting:

- Half of those suffering never receive treatment however, sometimes because of the stigma still surrounding mental health. All across the country, depression, anxiety and addiction are quietly consuming the fabric of our society.
- We mumble about it instead of crying out , we pray about it but take little action. But mental illness is still a secret to so many and the tragedy is that it's considered a privilege, not a right. Requesting therapy is underrated, but it's the start of developing better humans, better families and ultimately a healthier nation.
- Mental illness can then be seen as a broken mind and like a broken bone, it requires care, attention and time to heal. In many homes, silence has become a tactic.



Mental health is highly prevalent and one of the major issues in the world and Kenya isn't an exception. One quarter of adults and adolescents in Kenya will experience mental health issues at some point during their lifespan. They can be in your family, next door, teaching your children, in the cubicle alongside you or sitting alongside you in church. Across recent months, stressors have varied job insecurity, loss, loneliness, heart-break, economic strain all fueling psychological distress, anxiety and depression across the country. It's a silent pandemic, one that is not in the headlines but is quietly reshaping lives throughout our society.

Half of those suffering never receive treatment however, sometimes because of the stigma still surrounding mental health. All across the country, depression, anxiety and addiction are quietly consuming the fabric of our society. We mumble about it instead of crying out , we pray about it but take little action. But mental illness is still a secret to so many and the tragedy is that it's considered a privilege, not a right. Requesting therapy is underrated, but it's the start of developing better humans, better families and ultimately a healthier nation.

Mental illness can then be seen as a broken mind and like a broken bone, it requires care, attention and time to heal. In many homes, silence has become a tactic. Students quietly withdraw from school; breadwinners quietly crash. Behind closed doors, mothers cry themselves to bed, fathers choke on unspoken worry and young adults struggle to feel purpose in a world that tells them to "toughen up." All too often, we lose promising adolescents to ridicule, bullying or rejection. We assure ourselves we're building a new, enlightened world but we are breaking the very people who will create it. In our own generation and time, human beings are not to be gauged by wealth or status but by what we do for those who are fighting hidden wars that we cannot see. Kindness may heal wounds that no medication can touch.

But the same teacher who embarrassed a child in class may be fighting war at home trying to maintain a shaky marriage or clipping coupons on a meager salary. The rough around the edges cop could be haunted by the ghosts of what he's witnessed on the force. The doctor who's saving lives daily could be struggling to preserve his own and the businesswoman with

that smile could be warily fighting anxiety night after night. Even those who appear to be powerful the night shift nurse, the banker in his tie, the chef sweating behind the stove all have their own crosses to bear that we may never be aware of. Mental illness is not biased, It does not care about your job, education or bank balance. It happens to us all, anywhere and anytime.

And then perhaps the biggest tragedy is in ourselves — our minds. We reassure ourselves, "It's just a phase," "I'll get over it," "I'm fine." We stifle our hurt under laughter, work or distraction thinking time alone will heal us. Healing does not occur in silence though; healing occurs through candor. Through words, "I'm not okay," and making that be acceptable. We must shatter the stigma that colors seeking help as vulnerability. Seeking therapy, a mental health break or sharing it with a friend isn't a failure it's a sign of strength. A broken mind requires the same attention as a broken bone. Understanding and compassion need to replace mockery and judgment.

When you ask, "Are you okay?" it mustn't be a polite phrase we brush aside, it must be a lifeline. A remind-

er that we are heard and that we are allowed to take up space in our own healing. We must listen to each other, truly hear each other to ensure it's safe to permit pain not to be talked over but heard.

The time for awareness has passed. Now, we must act by reaching out, by speaking up, by choosing help over silence. If you're drowning, talk to someone. If you're feeling overwhelmed, take that step toward therapy. And if someone in your world is sitting a little too far away, checking in could save a life. Sometimes, one message, one conversation, one shared moment of honesty can make all the difference.

So the truth is here: it's okay not to be okay. What is not okay is doing it alone in your pain. Every story has the right to be heard. Every life has the right to be redeemed. Don't be quiet in your pain reach out, speak out and let healing begin. Because every heartbeat, every fight and every comeback matters.

Behind The Shortlist: Why Many Graduates Miss Out On Public Service Opportunities

By: David Nyaga
@themtkenyatimes

Each year, thousands of young graduates submit their applications to the Public Service Commission (PSC), eager to secure internships or permanent positions within government institutions. Yet, despite their enthusiasm and academic achievements, only a small percentage make it past the shortlisting stage. This recurring outcome has stirred debate across campuses and social media platforms: What exactly are the eligibility criteria used by the commission, and why do so many qualified graduates fail to make the cut?

The Public Service Commission, charged with ensuring merit-based and transparent recruitment, applies strict eligibility standards for both internship and job placements. But the process goes beyond simply holding a degree. Requirements often include the class of degree obtained, the relevance of one's field of study, age limits, and sometimes specific professional certifications.

For certain roles, additional skills such as computer literacy, research competence, or effective communication are mandatory, all of which may be tested during aptitude exams or interviews.

A surprising number of applicants are eliminated for procedural errors rather than lack of merit. Incomplete forms, missing documents, or failure to follow instructions during the application process are common reasons for disqualification. With thousands of applications competing for a limited number of vacancies, even minor mistakes can prove costly.

The shortlisting process itself is detailed and rigorous. At the initial stage, applications are filtered automatically based on age, academic level, and nationality. Those who meet the basic qualifications are then subjected to a manual review to assess relevance to the advertised position. Candidates who have demonstrated leadership, community service, and relevant internship experience tend to stand out. The commission's aim is not just to find those who meet the minimum requirements, but those who display initiative, discipline, and potential to



serve effectively.

However, many graduates have called for greater transparency in the process. They argue that the PSC should publish clearer evaluation guidelines and provide feedback to unsuccessful applicants. This, they believe, would help them better understand their weaknesses and improve their chances in future applications. Without such feedback, many feel frustrated and excluded, often applying repeatedly without knowing where they went wrong.

Education experts also note that universities and colleges could do more to prepare students for the realities of public service recruitment. This includes training in professional communication, CV writing, and application etiquette areas where many otherwise bright graduates fall short.

Ultimately, success in public service recruitment demands more than academic credentials. It requires thorough preparation, attention to detail, and a genuine understanding of what

the commission seeks. Graduates are encouraged to read job descriptions carefully, ensure all documents are properly submitted, and continuously develop professional and technical skills relevant to their field.

The debate over fairness and eligibility in PSC recruitment is likely to continue. But one thing remains clear, while the system may seem complex, excellence, persistence, and preparedness still open the door for those determined to serve.

Netanyahu Orders Fresh Strikes On Gaza As Israel's Govt Accuses Hamas Of Violating Truce

By: BBC
@themtkenyatimes

Israel has launched fresh strikes on Gaza, after PM Benjamin Netanyahu ordered his military to immediately carry out "powerful" attacks.

Israel and Hamas accuse each other of violating the ceasefire brokered by US President Trump and leaders from the Middle East.

Israel's Defence Minister Israel Katz has said Hamas "will pay a heavy price", alleging the group has attacked IDF soldiers in Gaza and has violated the ceasefire agreement.

"The attack on IDF soldiers in Gaza today by the Hamas terrorist organization is crossing a bright red line to which the IDF will respond with great force."

"Hamas will pay with compound interest for attacking the soldiers and violating the agreement to return the

fallen hostages," Katz says.

The renewed tensions came as Israel says a coffin handed over by Hamas on Monday did not contain the remains of a deceased hostage.

Hamas says Israel is obstructing efforts to search for bodies in the Strip, and says it is postponing a planned handover of another dead hostage.

All but one of the dead hostages still in Gaza were among the 251 people abducted during the Hamas-led attack on southern Israel on 7 October 2023, during which about 1,200 other people were killed.

Israel responded by launching a military campaign in Gaza, during which more than 68,500 people have been killed, according to the territory's Hamas-run health ministry.



China’s Elderly Seek Health And Happiness Through Square Dancing

By: Xinhua News Agency
@themkenyatimes



Worth Noting:

- China’s population aged 60 and above reached 310 million by the end of last year. Known as ‘guangchang wu’ in Chinese, square dancing is a group open-air exercise set to music. Participants are mostly middle-aged or retired, and it is especially popular among women.
- Wang Haifeng, a professor at the Shenyang Conservatory of Music’s Dance Academy, noted that this type of dance benefits participants’ physical and mental health and fosters team spirit.
- It is hard to tell when square dancing began. In northeast China, Wang noted, it could have stemmed from the spirited Yangge dance, which is native to the region. “In the 1980s, choreographed group dances emerged, which might have been a rudimentary form of square dancing,” he told Xinhua.

As the last rays of the setting sun fell on a riverside park in Shenyang, in northeast China’s Liaoning Province, the music fired up and the park square became a dance stage as dozens of elderly women began their nightly exercise.

Waving a pair of fans, 63-year-old Hui Furong danced in a neat formation, a big smile on her face. Six years ago, Hui underwent surgery for stomach cancer and said she hadn’t felt like herself. Her friend, Huang Fengzhen, invited her to join the dance group, telling her she needed to face the disease with a positive attitude. In the months that followed, Hui met the group to exercise through dance every day, and gradually her appetite grew and her weight returned to normal. Hui and Huang are among tens of thousands of elderly Chinese who consider square dancing part of their daily routine.

Inception

China’s population aged 60 and above reached 310 million by the end of last year. Known as ‘guangchang wu’ in Chinese, square dancing is a group open-air exercise set to music. Participants are mostly middle-aged or retired, and it is especially popular among women. Wang Haifeng, a professor at the Shenyang Conservatory of Music’s Dance Academy, noted that this type of dance benefits participants’ physical and mental health and fosters team spirit. It is hard to tell when square dancing began. In northeast China, Wang noted, it could have stemmed from the spirited Yangge dance, which is native to the region. “In the 1980s, choreographed group dances emerged, which might have been a rudimentary form of square dancing,” he told Xinhua. Huang started working in a community in the Tiexi district of Shenyang in the 1960s and witnessed community cultural and sports activities emerge and grow over the decades. “With the development of society and the improvement of living conditions, demand for culture and sports among the elderly is also increasing rapidly,” she said. She began organizing local square dances about a decade ago. At the beginning, these activities were mainly walking after dinner, with groups of three to five people stretching their arms and legs to exercise. At one point, a member brought a tape recorder to play music, and square dancing began.



Huang Fengzhen and her square dancing partners attend a National Day celebration in Shenyang, northeast China’s Liaoning Province on Oct.1, 2025. Photo/Xinhua.

Popularity

It is difficult to gauge the exact number of people who take part in square dancing across China, but during interviews Xinhua has conducted across various provinces, multiple organizers said they believe about 10 percent of locals are involved. Applied nationwide, that could suggest roughly 100 million square dancers. On why square dancing is popular among elderly people, veteran dancer Xu Guoliang in Yiyang, central China’s Hunan Province, says it is an opportunity for people to showcase their talent. “Many people dream of dancing on stage, and square dancing is the easiest way to make those dreams come true,” he said. Many Chinese women, particularly in rural areas, spend years taking care of their children and broader families. When they get older and their children start their own families, Xu says, they finally have the chance to rest and work on their own happiness. “I have seen many women who look on shyly at first before gradually joining in with the group,” Xu said. “And elaborate costumes have given confidence to women who normally dress plainly.”

He Lixin, head of a square dancing group in Liaoning, noted that the activity meets the social needs of the elderly population. “After retire-

ment, they felt down and bored staying at home. Now they come every day, and their children thank us for enriching their lives.” According to He, most dancers in his current group were born in the 1960s or 1970s, and they enjoy the nostalgia of songs from days gone by. “The square dances with songs from the revolutionary era bring back memories of their youth and help them connect with others who have shared the same experiences.” Wang said the popularity of square dancing reflects changes in people’s lifestyles. “With the constant improvement of people’s livelihoods, they are now free from worries about food and clothing. Their main concern now is their physical and mental health, and dance is a way to boost both.”

The Future

Once a controversial activity that drew noise complaints from local residents, square dancing is now attracting more participants, including young people. A survey conducted by the Hubei Masses Art Center in 2023 saw about two-thirds of respondents express a positive attitude toward square dancing, with the strongest support among those born in the 1960s and 1990s. Liu Rong, vice head of the Jiangsu provincial square dance sport association, has choreographed more than 800 dances, and says new dances continue to be introduced. “After the televised Spring Festival Gala each year, new songs from that stage are soon used for new dances,” she said. Meanwhile, square dances are increasingly incorporating elements of professional dance, local opera and folk music. At the national square dancing competition last year, dancers from south China’s Guangxi Zhuang Autonomous Region took the silver medal with a dance adapted from a traditional folk song of the local Zhuang ethnic group. It was choreographed by a teacher from Guangxi University, and the costumes were made using the Zhuang brocade technique, which is recognized as a national intangible cultural heritage. “We would like to tell the stories of Guangxi through the language of square dancing, allowing audiences to see the Zhuang ethnic culture,” said Qiao Mingyue, the group’s head coach. Back in Shenyang, Huang’s group has expanded to nearly 90 members, and they have incorporated local artistic forms like Yangge and fan dancing in their performances. Although the grandmother is now 89 years old, she still appears brisk and energetic. “I can still lead our members to have healthy and happy lives,” she said.

Kenya Without Raila: The Nation Mourns A Titan



By: Simiyu S. Stanford
@themkenyatimes



Worth Noting:

- His political career spanned over four decades, a journey defined by persistence, reform and an unwavering commitment to democracy. From spearheading Kenya's push for multiparty democracy in the 1990s to championing constitutional reform culminating in the 2010 constitution, his fingerprints are on the nation's modern political DNA.
- As Prime Minister from 2008 to 2013, Odinga navigated the nation through the fragile aftermath of the 2007-2008 post-election violence, a period that demanded both courage and negotiation skill. Though he never captured the presidency despite multiple bids, his influence on Kenya's governance and democratic evolution was undeniable.
- "Even in defeat, he taught us that democracy is not won in a single election, but in the courage to keep fighting for justice," reflected one citizen.

"Raila Odinga was more than a politician; he was the heartbeat of our democracy." Prof. Jane Mwangi, University of Nairobi

October 15th, 2025, will forever be etched in Kenya's memory. Raila Odinga, the man whose name was synonymous with opposition, resilience and hope, passed away at 80 while receiving treatment in India. Across the country, candles lit windows and hearts alike, social media overflowed with tributes and official statements poured in, signaling the end of an era.

A Life of Struggle and Service

His political career spanned over four decades, a journey defined by persistence, reform and an unwavering commitment to democracy. From spearheading Kenya's push for multiparty democracy in the 1990s to championing constitutional reform culminating in the 2010 constitution, his fingerprints are on the nation's modern political DNA.

As Prime Minister from 2008 to 2013, Odinga navigated the nation through the fragile aftermath of the 2007-2008 post-election violence, a period that demanded both courage and negotiation skill. Though he never captured the presidency despite multiple bids, his influence on Kenya's governance and democratic evolution was undeniable.

"Even in defeat, he taught us that democracy is not won in a single election, but in the courage to keep fighting for justice," reflected one citizen.

Odinga transcended political rivalry. In a country often fractured along ethnic lines, he remained a symbol of inclusion. His advocacy for marginalized communities in Western Kenya and his national campaigns for reform allowed him to connect with millions who saw him as their voice.

"Raila Odinga was more than a politician; he was a symbol of struggle and hope for generations of Kenyans," said Prof. Jane Mwangi. His charisma and strategic vision turned him into a bridge across ethnic and political divides—a role no other contemporary leader matched.

With Raila gone, Kenya's opposition faces uncharted waters. The Orange Democratic Movement (ODM), led by Odinga for decades, must now identify a leader capable of maintaining cohesion. Analysts warn that internal fragmentation could reshape alliances, voter loyalty and the political map ahead of the 2027 elections.



Raila Odinga

The test for Kenya is whether new leaders can rise to unite the opposition or whether his absence will create a vacuum too deep to fill.

Grief and Reflection

Odinga's passing is felt deeply across Kenyan communities. Social media and local gatherings have become spaces of mourning, remembrance and reflection. As I often say, he always reminded us that Kenya belongs to all of us. Now, we must find ways to keep that spirit alive.

Civil society leaders urge dialogue and inclusion, encouraging citizens to uphold the values Odinga championed, unity, justice and resilience even amid uncertainty.

He leaves a blueprint for leadership: persistence in adversity, negotiation in crises and advocacy for the marginalized. His reforms in governance, institutional strengthening and human rights continue to influence Kenya's political culture.

In Western Kenya, his work in education, infrastructure and civic engagement stands as a living leg-

acy. For future leaders, his life is a reminder that democracy requires courage, vision and empathy. He didn't just fight for office; he fought for Kenya's soul.

His impact reached beyond Kenya. Leaders from Africa and the world mourned his passing. Indian Prime Minister Narendra Modi called him a "towering statesman and a cherished friend of India," highlighting his diplomatic and moral stature.

In Kenya, President William Ruto declared a seven-day national mourning period, flags flew at half-mast, and October 17 was marked as a public holiday—a testament to the respect he earned across political divides.

The post-Raila era raises pressing questions:

- Can Kenya's political parties maintain unity without his guiding presence?
- Will future leaders champion inclusion and democratic resilience as he did?
- How will ordinary citizens

preserve the hope, pride and determination he inspired?

His era may have ended, but his legacy will continue to guide Kenya's social, political and moral compass. For a nation long shaped by political highs and lows, the challenge is clear: honor his memory by building a stronger, more inclusive and democratic Kenya.

About the Author:

Simiyu S. Stanford is a prolific literary scholar and researcher, a political and education reformist pursuing a PhD in Literature at MMUST. An acclaimed storyteller, he examines African politics, social justice, Afrofuturism and postcolonial thought. Author of *The Ring of the Moon* (2023), *Robai Nabisino Makokha* (2023) and *Of Walls Unbroken and Other Stories* (2025), Simiyu's work explores resilience, identity and cultural memory while shaping the future of African education and scholarship.

SPORTS
NEWSPHOTOS
SCORES
OPINIONS
STATISTICS
SCHEDULES
BREAKING NEWS

Sports >> * Team Kenya was at the weekend crowned champions of DahabPlus community football tournament in Somaliland capital, Hargeisa.

Kenya Wins Dahabplus Community Football Tournament In Somaliland



Team Kenya captain being handed the winning trophy by representatives from the Somaliland Ministry of Sports and Dahabshiil Group after winning the Community Tournament in Hargeisa

Team Kenya was at the weekend crowned champions of DahabPlus community football tournament in Somaliland capital, Hargeisa.

The Community Football Tournament held in Hargeisa saw Team Kenya defeating Team Yemen 2-1 in a thrilling final match at the Ali Gadle Stadium.

The Kenyan team had secured their place after a hard fought semi final game against Uganda.

The tournament brought together players from 15 countries residing in Hargeisa, fostering unity and sportsmanship among participants.

Other countries that participated included hosts Somaliland, Uganda, Sudan, Djibouti, and Ethiopia, among others.

Dahabshiil Group, through its innovative digital financial plat-



form DahabPlus sponsored the tournament.

The sponsorship highlighted Dahabshiil's continued commitment to supporting youth initiatives and promoting community development across Somaliland and beyond.

Speaking at the closing ceremony, representatives from Dahabshiil Group emphasized the

company's dedication to empowering young people, encouraging healthy lifestyles, and building stronger community connections through sports.

Dahabshiil Group has long been at the forefront of corporate social responsibility in the region, investing in education, technology, entrepreneurship, and youth engagement programs.

The success of this year's tournament reflected the Group's belief in the power of collaboration, inclusion, and social impact and the power of sport in uniting communities.

Capital Sport

GET THE BEST OF WORLD

Sports >>> *Spain-based youngster Aldrine Kibet has been handed a debut call-up to the national football team, Harambee Stars, for the upcoming international friendlies against Madagascar and Comoros.

Starboy Aldrine Kibet Earns First Ever Call-Up To Harambee Stars

Spain-based youngster Aldrine Kibet has been handed a debut call-up to the national football team, Harambee Stars, for the upcoming international friendlies against Madagascar and Comoros. Kibet, who plies his trade with Celta Vigo's B side — Celta Fortuna — has been long touted for a move to the senior side, having impressed for the national team's Under 18 and Under 20s. The youngster joined the Spanish side in July this year and has thus far featured for the Under 19 side, having made his debut on October 5 against Sporting Gijon. Also called up by Benni McCarthy is Zamalek youngster Baron Ochieng' and Finland-based Lawrence Okoth, who was also part of

the squad for last month's 2026 World Cup qualifier against Burundi and Ivory Coast. Absent from the squad is captain Michael Olunga. Harambee Stars will play Madagascar on November 14 before playing Comoros on either November 17 or 18.

Capital Sport



Deal Done! Aldrine Kibet posing for a photo after signing a deal with Celta Vigo.



HARAMBEE STARS



INTERNATIONAL FRIENDLIES
FINAL SQUAD

GOAL KEEPERS

BYRNE OMONDI
BRIAN BWIRE
BRIAN OPONDO

DEFENDERS

VINCENT HARPER
SYLVESTER OWINO
ALPHONCE OMIJA
MICHAEL KIBWAGE
RONNEY ONYANGO
MANZUR SULEIMAN
BARON OCHIENG

MIDFIELDERS

ALPHA ONYANGO
DUKE ABUYA
TIMOTHY OUMA
MARVIN NABWIRE

ATTACKERS

AUSTINE ODHIAMBO
WILLIAM LENKUPAE
JOB OCHIENG
BONIFACE MUCHIRI
ADAM WILSON
ALDRINE KIBET
OVELLA OCHIENG
JONAH AYUNGA
RYAN OGAM
LAWRENCE OKOTH

GOR MAHIA
POLOKWANE CITY
TUSKER FC

WALSALL
GOR MAHIA
ÉTOILE SPORTIVE DU SAHEL
GOR MAHIA
SOGNDAL
NAIROBI UNITED
ZAMALEK

GOR MAHIA
YANGA
LECH POZNAN
KENYA POLICE FC

GOR MAHIA
VPS
REAL SOCIEDAD
ULINZI STARS
NEW SAINTS
CELTA FORTUNA
NAIROBI UNITED
ST MIRREN
WOLFSBERGER
SJK SEINAJOKI



 harambee_stars

 @Harambee__Stars

 The Harambee Stars

 @harambee_stars

SPORTS NEWS

PHOTOS
SCORES
OPINIONS
STATISTICS
SCHEDULES
BREAKING NEWS

SPORTS AS THEY HAPPEN



Dare to Dream The Regina Martin Story



By: Anila Bukhari
@themkenyatimes

Worth Noting:

- Regina's journey is rooted in resilience and determination. Her experiences have fueled her passion for helping others build confidence, overcome challenges, and achieve success. As a motivational coach, Regina provides personalized guidance and support, empowering individuals to reach their goals.
- Regina's authentic storytelling and strategic insights have inspired audiences in various settings, from schools to conferences. Her empowering message, "You Belong Here," resonates deeply, reminding individuals of their rightful place in pursuing their dreams.
- Through her books, workshops, and keynote speeches, Regina continues to impact lives, motivating individuals to set bold goals and lead with confidence. As a voice of empowerment and transformation, Regina's legacy inspires future generations to pursue their passions and make a meaningful difference.

Regina Martin, M.Ed., is a renowned author, motivational coach, and keynote speaker dedicated to empowering individuals to unlock their full potential. With a Master's degree in Education, Regina founded Dare to Dream Motivational Speaking & Coaching LLC, a platform that inspires students, professionals, and entrepreneurs to pursue their passions.

A Journey of Resilience and Determination

Regina's journey is rooted in resilience and determination. Her experiences have fueled her passion for helping others build confidence, overcome challenges, and achieve success. As a motivational coach, Regina provides personalized guidance and support, empowering individuals to reach their goals.

Empowering Others Through Storytelling

Regina's authentic storytelling and strategic insights have inspired audiences in various settings, from schools to conferences. Her empowering message, "You Belong Here," resonates deeply, reminding individuals of their rightful place in pursuing their dreams.

Impact and Legacy

Through her books, workshops, and keynote speeches, Regina continues to impact lives, motivating individuals to set bold goals and lead with confidence. As a voice of empowerment and transformation, Regina's legacy inspires future generations to pursue their passions and make a meaningful difference.

Key Achievements

- Founder of Dare to Dream Motivational Speaking & Coaching
- Accomplished author and keynote speaker
- Master's degree in Education
- Empowering message: "You Belong Here"

Regina Martin, M.Ed., is a transformative leader who inspires individuals to dream without limits and pursue their passions with purpose and confidence. Her dedication to empowerment and transformation has made a lasting impact, leaving a legacy that will continue to inspire others for years to come.



Regina Martin